Veteran’s Day
November 11, 2014
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honoring all who served
Highlights of Board Meeting

October 6, 2014

EXECUTIVE COMMITTEE

Secretary – Alice Reinhardt

Minutes approved. Note of appreciation received from Dean Johnson (COS) for $500 grant to underwrite faculty member, Jonathan Hendricker’s, creation of our new website. Updated job descriptions were distributed and will be discussed at the next meeting.

Treasurer – Pat Fluno

Pat reported all expenses are within yearly projections. Report approved. Ray Jones asked for additional funds for Tucker Awards; tabled until the next meeting. The annual tax report has been completed.

Vice-President – Vonnie Bradbury

Copies of the new LIFE brochure were handed out to board members. Student Employee of the Month awards will continue to be given--$50 per month. Tentative plans were outlined for our Spring Event on April 14—a different format is planned and will be announced after plans are firm.

President – Judy Thames

Judy discussed her 14 goals for 2014 and progress toward each. A new student assistant is being sought to replace Jessie who will be studying abroad during the spring semester. Continued efforts to provide remote access to our classes. Board Retreat will be held November 18.

EX-OFFICIO

UCF Liaison – Dick Tucker

Dick reported he is still in contact with Osher (lifelong learning institute) about possible relationship. Road Scholar survey is forthcoming.

UCF Academic Liaison – Mike Hampton

Mike summarized problems with SKYPE remote transmissions recently.

STANDING COMMITTEES/SPECIAL ASSIGNMENTS

Attendance/Greeter – Beverly Bressant

397 members attended class in Cape Florida on Sept. 12 with a room capacity of 400. 431 attended Sept. 30.

Membership – Lucy Pulido

All members with an e-mail address will eventually be given a UCF NID-PID number.

Curriculum – Lee Cross

Global Perspectives will be presenting some outstanding programs during February.

Grants/Awards – Vonnie Bradbury/Ray Jones

Application deadline is October 24.

Webmaster – Ray Jones

Demonstration of new website.
Technology – Steve Hall

FM radios may no longer be needed—still checking.

Strategic Plan – Basil Pflumm

Redraft of recommended goals presented. Sub-committee will meet Nov. 10 to finalize before board retreat Nov. 18.

Diversity Breakfast – Ian King

LIFE will have a table at the breakfast. Julian Bond is the keynote speaker. Dr. Tucker will also be participating in Diversity Week activities on the topic of ageism.

Safety – Paulette Geller

Student Union evacuation procedures will be printed in next newsletter.

Veterans History Project – Marty Wiener

Volunteers are still needed.

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DIVERSITY BREAKFAST

October 17, 2014

Julian Bond

Keynote Speaker

Now, that’s diversity!

Nice event, isn’t it!
NOTICE OF
LIFE@UCF ANNUAL MEETING

November 25, 2014

Names to be presented for re-election to the
LIFE Board

Class of 2017

Vonnie Bradbury, Pat Fluno,
John Ciesko, Gloria Jones, Paulette Geller

To be presented for first-time election to the
LIFE Board

Julian Mieten

Presidential Appointee, effective Jan. 2015

Tim Matthews

TOYS FOR TOTS

Tuesday, November 25, 2014

Make some little Someone happy!

(bring toys unwrapped)
Highlights of Board Meeting
November 3, 2014

EXECUTIVE COMMITTEE
Vonnie Bradbury chaired the meeting in the absence of Judy Thames. Vonnie introduced Amanda Mayer as the LIFE student assistant who will replace Jessie Walker.

Secretary – Alice Reinhardt
Minutes of the October 2014 meeting were approved as submitted.

Alice asked for decisions on items related to recently updated officer and committee chair job descriptions. (1) The Sunshine Chair position was removed because of the size of the LIFE group and difficulty of keeping track of illnesses. We will continue to memorialize deceased members with gifts to the UCF Foundation. (2) The Historian position was reconfirmed and that position will be advertised.

Treasurer – Pat Fluno
Pat's reports, as distributed by email before the meeting, showed net income since Aug. 1 of $60,542.08. Total expenses equal $11,620.99. Total liabilities and equity equal $92,644.82.

Pat then introduced the Audit Committee Chair Alan Finfer who reported that LIFE@UCF’s books are in good shape and that the audit report is on file with the treasurer. The committee report was accepted and the committee of Alan Finfer, Larry Levine and Ann Funk was thanked for their effort. The chair also recommended that Pat Fluno continue as Treasurer.

Vice President – Vonnie Bradbury
Vonnie reported that the once-a-semester Student Union employees’ party - sponsored by LIFE - is scheduled for later in November. The grants/awards and member recognition events are being planned for the spring.

EX-OFFICIO
Academic Sponsor - Mike Hampton
Vonnie announced that our Academic Sponsor Mike Hampton will be retiring from that position as of January 8, 2015. Dr. Elliot Vittes will serve as interim sponsor until the position is filled permanently. The Board extended a big thank you to Mike. Research into projected the lectures to an overflow room continues.

LIFE-UCF Liaison – Dick Tucker
Dick reported that we are getting special permission to use the auditorium in Classroom II Building on November 11th (a campus holiday). Dick suggested that we not schedule classes during campus holidays. Our Toys for Tots collection day is Nov. 25th.

STANDING COMMITTEES
Technology – Steve Hall
Steve reported that SKYPE remote testing is not working well. A meeting with Martin Malpica, Assistant Director of UCF IT Services, was fruitful and a report is forthcoming.

Webmaster – Ray Jones
Ray welcomes feedback on the newly designed website.
Membership – Lucy Pulido

Lucy reported that 18 members do not have email and 27 paid members have not yet attended class. Despite having 180 names on the waiting list, limited space will keep the membership to approximately 570.

Curriculum – Lee Cross

Lee listed plans to publicize the change of venue for the November 11th lectures. The spring schedule is being completed.

Grants/Awards – Vonnie Bradbury and Ray Jones

Vonnie reminded the selection committee of the meeting on Nov. 11 immediately after LIFE classes. This will include the executive board, active past presidents, the UCF liaison and a membership representative. This meeting decides the LIFE Grants/Awards recipients.

Our directed annual grant of $2000 for Parking Services was approved.

Gerontology Research Awards – Ray Jones

Ray gave a brief update of action since the release of application information. Although this award mailing is delivered at the same time as G/A information, the Tucker Awards selection process and funding is done in the spring.

Safety – Paulette Geller

The LIFE Safety/Evacuation Plan has been reviewed and approved by Student Union staff. The plan will be included in the upcoming newsletter.

AD HOC COMMITTEES

Nominating Committee – Marty Wiener

Ray Jones reported for the committee (Chair Marty Wiener, John Ciesko, Chris Myers, Pat James, Ray Jones). The slate will be presented for approval by the membership on Nov. 25th.

Nominating Committee for Election of Officers – John Ciesko

John Ciesko will present the slate to be elected by the board at the January 5th board meeting.

Strategic Planning – Basic Pflumm

Basil Pflumm reported that the ad hoc committee will meet on November 10th to prepare for the Board Retreat on the 18th.

Diversity Week – Ian King

Ian reported on the success of the October 10th Diversity Breakfast with Julian Bond, as well as the other activities during the week.
The meeting was called to order by President Judy Thames. The required quorum was reported to be in attendance by Secretary Alice Reinhardt.

Past President Ray Jones, substituting for Treasurer Pat Fluno, gave the annual financial report. The Balance as of the end of the fiscal year (July 31, 2013) was $130,000, with receipts of $68,726, operating expenses of $11,949, and Grants and Awards payouts of $43,830. Cash carried over from 2012 was $117,375. In remarks concerning LIFE’S favorable financial situation, Jones commented that grants and awards for the 2014 selection process just completed would total $61,000, a record amount.

Lucy Pulido, Chair of the Nominating Committee, presented the slate of nominees for the LIFE@UCF Board of Directors:
   For reelection- class of 2016: Steve Hall, Judy Thomas, Ray Jones, Lucy Pulido, Beverly Bressant;
   For first time membership to the class of 2016:  Basil Pflumm;
   For first time election to a post created by a board resignation (class of 2015): Aaron Liberman.

Following a motion by Fred Anklam and a second by Ann Funk, the slate was elected as nominated.

The meeting was then adjourned to the Pegasus Ballroom for the annual Grants and Awards dinner.

Alice Reinhardt
Secretary

LIFE@UCF
Statement of Cash Receipts & Disbursements
Fiscal Year Ended July 31, 2014

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>2013 Fiscal Year Ending Cash Balance</td>
<td>$130,322</td>
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<tr>
<td>Receipts</td>
<td>72,125</td>
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<tr>
<td>Subtotal</td>
<td>$202,447</td>
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<tr>
<td>Less Operating Expenses</td>
<td>12,972</td>
</tr>
<tr>
<td>Grants and Awards</td>
<td>85,247</td>
</tr>
<tr>
<td>2014 Fiscal Year Ending Cash Balance</td>
<td>$104,228</td>
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</table>
Helpful Thoughts for Elders Writing in Diaries: Part 3

By Pat James

I conclude my thoughts about writing in diaries by mentioning list entries, suggesting writers write in various places, sharing my discovery of He said. She said entries, and I comment on the importance of our stories.

Lists as a format for entries

Most of us know the benefits in making To Do lists. In fact, lists are a natural function of planning and reporting. Lists took on a new role for my husband after retirement, with his creation of lists about places he’d lived, places he’d traveled to and from, and other topics. He used a computer, so it was easy when he decided to elaborate beneath each item. The few sentences that he first added became paragraphs. Some of the paragraphs became pages. From this casual start, his diary began. Lists help us reel in the thoughts that call to us. Lists are a great help if finding subject matter is a problem.

Are some places more conducive to writing diary entries than others?

To answer this question I only have to look back to see the pages that I have numbered, recorded the date, and added the place I was when I wrote the entry. For me, and for many others, some places are more conducive to writing personal entries, others to when I am working through problems, and still others appear to be conducive to reminiscing about the past. On my back porch it seems my pen is constantly being dipped into natural wonders, even if I begin writing with the intention of another topic. I am apparently forced to mention the rooster across the fence from my back vista, one that crows off and on all day. Coffee shops? Taking my laptop to a coffee shop usually prompts literary attention on something I’ve been reading or a list of things I must attend to in the upcoming month. If you are writing in diaries, but are not finding it as easy to find topics as it once was—recording where you are when you write easily and then recording where you are when you can’t find a topic might be very revealing. If you always sit in the same place to write, I do suggest varying your physical writing space from time to time.

He said. She said

I started writing interesting comments from my children years ago (a daughter at 2: God come and paint those leaves, when she first saw autumn leaves.) (Granddaughter at 3, opening the porch door one morning: Come quick, Grammy—the world smells like a cupcake this morning.)

In my diaries, I let these comments stand on their own. I didn’t explain them or put them in context. That’s why I began to call these entries, “He said. She said. Then, I began to write down exchanges between my husband and
myself, my relatives...my students. I am so glad I did that, because they remind me, now, of the delicious humanity that erupts in a shared life. They simply smack of being real. I suggest them for everyone’s diary pages. Try to reproduce the words, exactly.

(Dad, 1983))

He said: Have I told you the story of my dad giving Cousin Marian a haircut?

Me: Yes, Dad, I believe that you did tell me that story.

He: But have I told you today?

Me: No...not today.

He: Well, I’m glad because I like to tell that story. It all started on the porch when we lived in Dumbarton.

Well, that caught the clever twist Dad could put on his insistence that we listen to his stories, and how he communicated how much he liked telling them. And it brings me to the final topic.

The Importance of the Story We Tell Ourselves About Our Lives

Our stories are so important that if we don’t know our story our sense of self worth would be expected to be low. We need to have a story. It’s that important.

I often hear of people in our age group beginning a first diary dedicated to recording their story. My mother did that. A LIFE member spoke to me about stories of growing up that she is writing for her family. She’d remembered how she and her little friends used to make leaf houses, and wanted to remember to include that in the diary.

When we do look back, some find a happier outlook than they had in earlier years. Now in our story often elders say everything worked out well, after all. Some prefer to focus on the disappointments of their lives, the things hoped for but never received. But the point is that it is our story. Here’s an experience heard on NPR: a famous person passed a man and waved to the man in NYC. He told the story for years. Actually, it was his wife that it happened to, not him. But it seemed his experience after a few years. We don’t live in a vacuum, and our stories may not be as accurate as we feel they are. Memories meld over time.

In closing, an unpublished thesis manuscript I read ended with the writer’s idea of what diaries might mean to him when he grew old. He said that one day he looked forward to reading one after the other, as he cried and laughed. He wanted at the end...to wipe his eyes and say, “Now that was a great story!”

I’d like that, too, wouldn’t you?
Did you think that pumpkin was meant only for pies and cakes? Well, think again! Give the following delicious options a try.

**Cumin Pumpkin Soup**

- 1 (15-ounce) can pumpkin (not pie filling)
- 1 1/2 cups reduced-sodium chicken broth
- 1 cup low fat milk
- 1 teaspoon ground cumin
- 2 bay leaves
- Salt and ground black pepper
- Fresh sage leaves
- Popcorn and pumpkin seeds, for garnish

In a medium saucepan, whisk together pumpkin, broth, milk, and cumin. Add bay leaves and set pan over medium heat. Season with salt and pepper. Bring to a simmer. Simmer 10 minutes. Remove from heat, remove bay leaves and season, to taste, with salt and black pepper. Garnish with sage, popcorn and pumpkin seeds before serving.


**Simple Pumpkin Risotto**

- 1 onion, chopped
- 10 sage leaves
- 2 tablespoons olive oil
- 2 cups uncooked arborio rice
- ½ cup white wine
- 6 cups chicken broth
- ¾ cup pumpkin (not pie filling)
- 2 tablespoons butter
- 1 cup grated Parmesan

Saute the chopped onion and sage leaves in olive oil in a large saucepan. Stir in the arborio rice, then stir in the white wine until absorbed. Gradually add the chicken broth, continuing to stir until absorbed; whisk in the 3/4 cup pumpkin. Stir in the butter and the grated Parmesan.

[www.foodnetwork.com/recipes/articles/50-canned-pumpkin-recipe](http://www.foodnetwork.com/recipes/articles/50-canned-pumpkin-recipe)
So how did the turkey get the distinction of being what we eat on Thanksgiving? Here’s the scoop, courtesy of wonderopolis.org.

The history of the Thanksgiving turkey is a bit of a mystery. Nobody knows exactly how this particular bird earned a place of honor at the table each November, but historians have a few different theories.

Thanks to letters and records kept by early American settlers, we know that when the Colonists sat down to dine with the Wampanoag Indians, beef and fowl were on the menu. This historical meal would later become known as the first Thanksgiving. Although historians cannot say for sure which types of fowl were served up that day, a letter written by pilgrim Edward Winslow mentions a turkey hunting trip before the meal.

Another theory attributes the Thanksgiving turkey to the Queen of England. During the 16th century, a fleet of Spanish ships sunk on their way to attack England. According to legend, Queen Elizabeth received this news while eating dinner. She was so thrilled that she ordered another goose be served. Some historians say the early settlers were inspired by the queen’s actions and roasted a turkey instead of a goose.

The wild turkey is a native bird of North America. As a result, Benjamin Franklin claimed this made the turkey a more suitable national bird for the United States than the bald eagle. Not everyone agreed with Franklin (fortunately!) and the bald eagle became the national emblem for the United States in 1782.

The bald eagle may be America’s bird 364 days a year, but the turkey has one day all to itself!

Here’s some interesting turkey trivia that might surprise you:

- Turkeys have heart attacks. Entire fields of turkeys were known to drop dead from the loud noise of Air Force jets breaking the sound barrier while on test flights.
- Wild turkeys can fly, but domestic turkeys cannot.
- Turkeys can run up to 20 miles per hour.
- The long, loose skin that hangs down on a turkey’s neck is called a “wattle.”


Submitted by Gloria Jones
The UCF Safety/Evacuation Plan has been reviewed and approved. Jennifer Hartman, Assistant Director of Event Planning for the Student Union, assures us there is an emergency/disaster plan in place for the Student Union Building. Please follow instructions from the Student Union officials. Members of the Police and Fire Departments are in charge in the event of an evacuation.

Health Safety Guidelines

When one of our members has a health emergency, the Safety Committee Chair or representative will call 911 and then call the Student Union Information Desk – (407) 823-0001. All emergency procedures will be performed by the first responders. Automated external defibrillators (AED) are located at the Information Desk and are available to the trained personnel for health emergencies.

In the event of a fall, the person should be instructed to remain on the floor until they have been evaluated by emergency personnel. If the person insists upon getting, it should be on their own. Please do not attempt to help or provide assistance. You may cause more harm than good to the individual as well as yourself.

When emergency personnel arrive, it is important that all members remain at a distance. In accordance with HIPPA requirements, that distance is approximately 8-10 feet. This ensures as much privacy as possible and gives the first responders sufficient room to work.

Emergency Exit Guidelines

In the event of fire, bomb threat, power outage and other facilities emergencies, it is mandated that we leave the building. The elevators stop running, lighting is deactivated, and an alarm sounds accompanied by the following verbal warning: *An emergency has been detected, please leave the building.* Members of Police and Fire Departments are in charge of the evacuation.

**Pegasus Ballroom:** Everyone in Pegasus must evacuate through the side doors into the hallway and out the nearest exit. In the event of fire, a partition in the hallway will descend from the ceiling to prevent entering the Atrium.

**Cape Florida Room:** Everyone in Cape Florida will exit the side doors and down the stairs located in the back hallway. To assist with the evacuation of the disabled, members of the Police and Fire Departments and authorized UCF staff will sweep through all rooms starting on the fourth floor all the way down to the first. They are authorized to override the stopped elevator if there is no fire. However, in the case of fire, the stairwells are fireproof for up to two (2) hours. In a fire situation, the stairwell is the best place for the disabled to wait for assistance from the Fire Department personnel. An Evac Chair, specially designed for stairway use, is readily available for use by evacuation personnel.

The LIFE board members will provide leadership during an emergency.